While in San Francisco I had a novel experience. A slight earthquake shook the house to its foundation, but the people did not pay any attention to it. Earthquakes are a common occurrence.

I remained in that post seven months, then obtained a leave of absence, which was due me, and went to Honolulu. While there, I sent in a request for discharge, in order to be married, and on May 7, 1913, I obtained my honorable discharge from the Army Nurse Corps.

I regret not having seen the Philippines, as the nurses who go there always spend their leave of absence in China, at very little cost, and as the transports stop at Japan on the way home, they can also visit that country.

These were a few of my many experiences during the two years I spent in the Army Nurse Corps, and because of them I feel glad when I hear that a nurse is taking up the work.

THE USE OF GELATINE IN FOOD FOR THE SICK

By ELISABETH ROBINSON SCOVIL

Late Superintendent of the Newport Hospital, Newport, Rhode Island

There is perhaps no single factor in the treatment of the sick as important as proper food. In private duty, the subject is often dismissed by the doctor in attendance with the simple order, "Give him liquid diet," or "Oh! let her have the usual things."

It is difficult to vary liquid diet so that the sick person does not get very weary of the monotony of the food that must be swallowed. The private nurse who can feed her patient acceptably and, at the same time, judiciously, has a strong claim on the gratitude of the invalid and the family.

As the case progresses towards convalescence, unless there is a ravenous appetite, it is often difficult to tempt the sufferer to take sufficient nourishment to build up the tissues. Much depends then upon the nurse's ingenuity in preparing and presenting it.

Solid Beef Tea. Gelatin, while containing little that can be used in the body directly, is yet a proteid sparer, and therefore a valuable assistant in the difficult task of furnishing nutriment. To make solid beef tea, extract the juice from the meat by placing it in a bottle set in a saucepan of very hot water, or dry in the inner part of a double boiler. When all the juice possible has been obtained, measure it. To a cup of beef juice, allow a small tablespoonful of gelatin. Pour off half the quantity and, when it is cold, soak the gelatine in it for fifteen minutes. Keep the remainder of the juice hot, and when the gelatin is soft, pour

the hot liquid on it. Season with salt, a little pepper, or paprika, if desired, stand the bowl in boiling water, and stir the mixture until the gelatine is dissolved. When the jelly is hard it may be given in spoonfuls to the very sick, or cut in cubes and served on a leaf of lettuce with a little mayonaisse or boiled salad dressing, for the convalescent.

Jaune Mange. Soak a tablespoonful of gelatin in a cup of cold water, add the juice of an orange, a little sugar, the yolks of two eggs, well beaten, and if permitted, a tablespoonful of sherry, if not, a little lemon juice. Strain into a bowl set into hot water and stir until the mixture is hot. Turn into a mould and set it on ice.

Standing Custard. Milk and eggs being the staple of light diet, whether liquid or semi-solid, the nurse should try to combine them in as many different ways as possible. Gelatine is a valuable assistant in presenting them in new forms, so that the patient will not tire of them.

Soak a tablespoonful of gelatin in two tablespoonfuls of cold milk. Heat a cupful of milk, and when very hot, pour it on one well-beaten egg; mix, and return to the double boiler. Stir until the mixture thickens like custard, pour it on the softened gelatine, add a little sugar and a little vanilla, or essence of lemon. Stir until perfectly smooth, then turn into a small dish and put in a cold place.

Cream Mould. Put a tablespoonful of gelatine to soak in two tablespoonfuls of cold milk. Whip a cupful of cream until it is stiff. If a little remains in the bottom of the bowl that will not whip, add enough milk to make half a cup, if not, use all milk. Heat this and dissolve in it a little sugar and lemon, bitter almond, or vanilla, as preferred. When boiling hot, pour it on the softened gelatine. Stir until dissolved and strain into a granite-ware pan. Place the pan in ice water, or on ice, and when it begins to thicken stir in the whipped cream lightly. Turn it into a dish and keep it cold. Always wet the dish, or mould, with cold water before using it. Cream is indispensable in the diet of a tubercular patient, as fat is especially necessary, and it is often difficult to give it without causing nausea.

Gelatine is given in typhoid when milk cannot be assimilated; one ounce and a half, to a quart of water, flavored with orange juice, or other flavoring, and sweetened with sugar of milk.

In preparing gelatine it should be softened in cold water, dissolved in boiling water, but not boiled. If stirred too much when hot, it becomes stringy and declines to jelly. Strain it through doubled cheese cloth when hot. It jellies in from three to six hours, depending on the conditions surrounding it. It should be put on ice. If this is impossible wrap the mould in a wet cloth and stand it in a draught, renewing the moisture as the cloth dries. When the weather is hot, or wet, more gela-

tine is required to stiffen. Gelatine is extracted by great pressure from the horns, hoofs, hides and bones of animals and purified with sulphuric acid. Isinglass, a very pure form, is made from the air bladder of the sturgeon.

PREPARATION FOR AN OPERATION IN A PRIVATE HOUSE

By L. GERTRUDE ARMSTRONG, R.N.

Supervising Operating-Room Nurse, Samaritan Hospital, Troy, New York

In preparing a room for operation in a private home, there are many things to be considered. The most important, perhaps, is to prepare it with the least possible expense to the family.

Select a room as near as possible to the room where your patient expects to convalesce. The largest room in the house is not necessary, convenience is what is needed.

The room presented in the accompanying photograph is a room improvised as an operating-room in a private home. It is one of the private rooms in the hospital and was arranged for a clinic to the nurses in training. We shall have to admit that one cannot always arrange a room quite as elaborately as the one presented here, but it shows what can be done with the material at hand.

To arrange a good room, the nurse should precede the doctor by several hours, or arrive the day before, if possible. Should there be a scarcity of sheets, the walls need not be draped, but it does save time, as the pictures, etc., on the walls can be covered by them and the sheets intensify the light to a great extent. If there is time, remove the carpet; otherwise cover the floor with newspapers and place sheets around the field of operation just before it is to take place.

If you will study the room presented here, you will find with the exception of sheets (it took fourteen to complete this room) no other hospital convenience. You may have to call on a friendly neighbor for a stand or so, but one can nearly always get along with articles found about the house.

On entering the home we think first of sterile water and at once put a boiler on to sterilize, so as to have plenty of it cooling. Then, with the aid of some member of the house, we gather all things needed, getting them together before arranging the room.

It may be interesting to know what was used in preparing the room presented here. The operating table, in the center of the room, is made with two small stands and the door of an old wardrobe for the top. This